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HOMEMAKERS' CHAT

TUESDAY, January 23, 1940.

(FOR BROADCAST USE ONLY)

SUBJECT: "QUESTIONS AND ANSWERS." Information from the Office of Experiment Stations, U.S.D.A.

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Here's Tuesday again--the day of the week when your questions come up for answers from the scientists. Today most of the answers come from workers at experiment stations in many different States.

The first question out of the mailbag is one of many that come in asking about vitamins: "Is it true that apples are losing vitamin C continually all the time they are stored in the cellar?"

The answer is: Yes, apples and most other stored and canned vegetables are gradually losing their vitamin C as they stand. But, of course, it takes a long, long time for them to lose all their vitamin C.

If you pick an apple from the tree when it is just ripe and eat it immediately, that apple will provide you with more vitamin C than it would if you kept it in storage for months and then ate it. And that apple picked fresh from the tree, made into applesauce and eaten immediately will provide you with more vitamin C than applesauce put in a jar or can and kept on the pantry shelf for some time.

Investigations at the Montana Experiment Station have showed that potatoes gradually lose vitamin C in storage and that canned string beans do the same. Investigations at the New York State Experiment Station have showed that cabbage gradually loses vitamin C in storage. At the Massachusetts Experiment Station scientists found that even tomato juice, if it stood long enough, lost considerable of its original vitamin C.

Any homemaker interested in keeping her family in best health will do well to take a hint from these findings. The familiar symptoms of lack of vitamin C are very likely to show up in the late winter and early spring. The last few months before fresh foods are ready in the garden--these are the months when weariness, achey joints and sore gums begin to appear. This is the time when the vitamin C has begun to run down somewhat in the potatoes and apples stored in the cellar and the canned string beans and other vegetables on the pantry shelf.

What to do about it? Make up the loss by serving larger helpings of certain foods, or by featuring foods richer in vitamin C. Use your home-canned tomatoes more often and more generously in different dishes. When you serve canned fruit and vegetables, serve larger helpings. Since citrus fruits are plentiful and reasonable in cost this season, perhaps you can serve more oranges and grapefruit instead of other fruits for breakfast and dessert.

Now for the second question. This comes from a homemaker whose problem is feeding a family on a small pocketbook. She makes her own bread for the sake of economy. And she asks whether to make her bread with water or milk. Bread made with water is slightly cheaper. On the other hand, she knows that bread made with milk is more nutrititious.

Well, if the family gets plenty of milk otherwise, using milk in bread is not so important. If the children average a quart of milk a day and the grown-ups a pint, the family doesn't need additional milk in bread, and you can make good bread with water. But if your family does not get enough milk otherwise, making bread with milk is a very good idea even if it costs a few cents more.

You may be interested in a report from the Nebraska Experiment Station about the most economical way to make bread with milk. Studies at this Station showed that powdered skim milk or bulk skimmilk was considerably cheaper than bottled whole milk for bread-making. Commercial bakers have already adopted

powdered skim milk for their milk bread because it is both inexpensive and convenient. Housewives who make their own bread and want to have it both nutritious and inexpensive may well take a tip from the bakers. Add milk in the form of powdered skim milk or as bulk skimmilk if you're thrifty.

Now once more up comes the question of cleaning paint with glue. Perhaps you remember that the Rhode Island Experiment Station advised that washing your painted walls and woodwork with soap and water in time destroyed the gloss of the paint and that a better method is to wash with lukewarm water containing a little liquid glue.

Now along comes a letter asking whether a wall cleaned with a glue solution won't be sticky if water is splashed on it.

The Rhode Island investigators say: No, not if you are careful to use very little glue in your washing water. If you follow directions carefully the glue wash will leave paint like new with a minimum of scrubbing and it won't harm the paint as some soap will do.

In case you didn't hear those directions for making the glue solution, let me repeat them once again. Buy a half pound of powdered glue at the hardware or paint store. (Either ground amber or pale amber powdered glue will do.) Cover the glue with cold water and let it soak overnight. In the morning add boiling water and boil 10 minutes, stirring all the time. Add enough of this boiling water to make 2 quarts of liquid glue. This liquid glue is what you add to your lukewarm washing water when you want to wash paint. Use about a cup of liquid glue to every pan of water. Just wring your cloth out of it and wash the paint with it.

That's all the questions today. More next week.

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